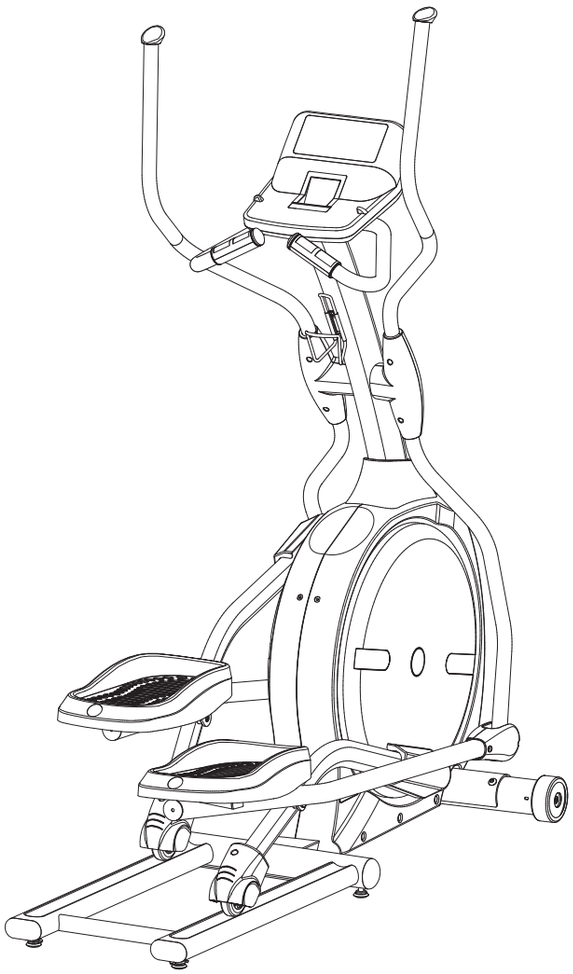

ROJO SERIES

FOR MODEL :

ROJO E5

HORIZON FITNESS

ELLIPTICAL USER'S GUIDE

INTRODUCTION

CONGRATULATIONS and **THANK YOU** for your purchase of this Horizon elliptical!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, a Horizon elliptical can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest frame-to-brake warranty packages in the industry.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

Horizon ellipticals deliver.

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read all instructions before using this elliptical. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this elliptical. It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact Customer Tech Support at the number listed on the back panel of this manual.

To reduce the risk of burns, fire, electrical shock or injury to persons:

- If you experience any kind of pain, including, but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Maintain a comfortable pace. Do not sprint above 80 rpms.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not wear clothes that might catch on any part of the elliptical.
- Do not turn pedal arms by hand.
- Make sure handlebars are secure before each use.
- Do not insert or drop any object into any opening.
- Unplug elliptical before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- This elliptical should not be used by persons weighing more than 300 pounds. Failure to comply will void the warranty.
- This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use elliptical in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- Use the elliptical only as described in this manual.
- Keep the topside of the foot support clean and dry.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Use the elliptical only as described in the elliptical guide and owner's manual.
- The equipment shall be installed on a stable base.

At NO time should pets or children under the age of 12 be closer to the elliptical than 10 feet. At NO time should children under the age of 12 use the elliptical. Children over the age of 12 should not use the elliptical without adult supervision.

It is essential that your elliptical is used only indoors, in a climate controlled room. If your elliptical has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the elliptical is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

ASSEMBLY

IMPORTANT: READ THESE SAFETY INSTRUCTIONS BEFORE USE!

⚠ WARNING

There are several areas during the assembly process of an elliptical that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

UNPACKING

Unpack the product where you will be using it. Place the product on a level flat surface. It is recommended that you place a protective covering on your floor. During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

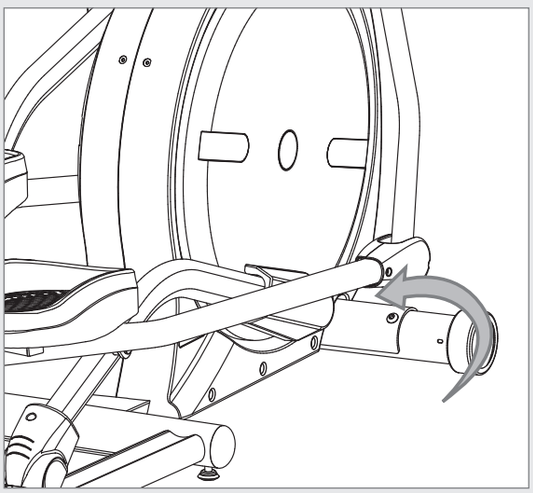
NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

Before proceeding, find your elliptical's serial number located on the front stabilizer tube and enter it in the space provided below. Also locate the model name which is located on the mast boot.

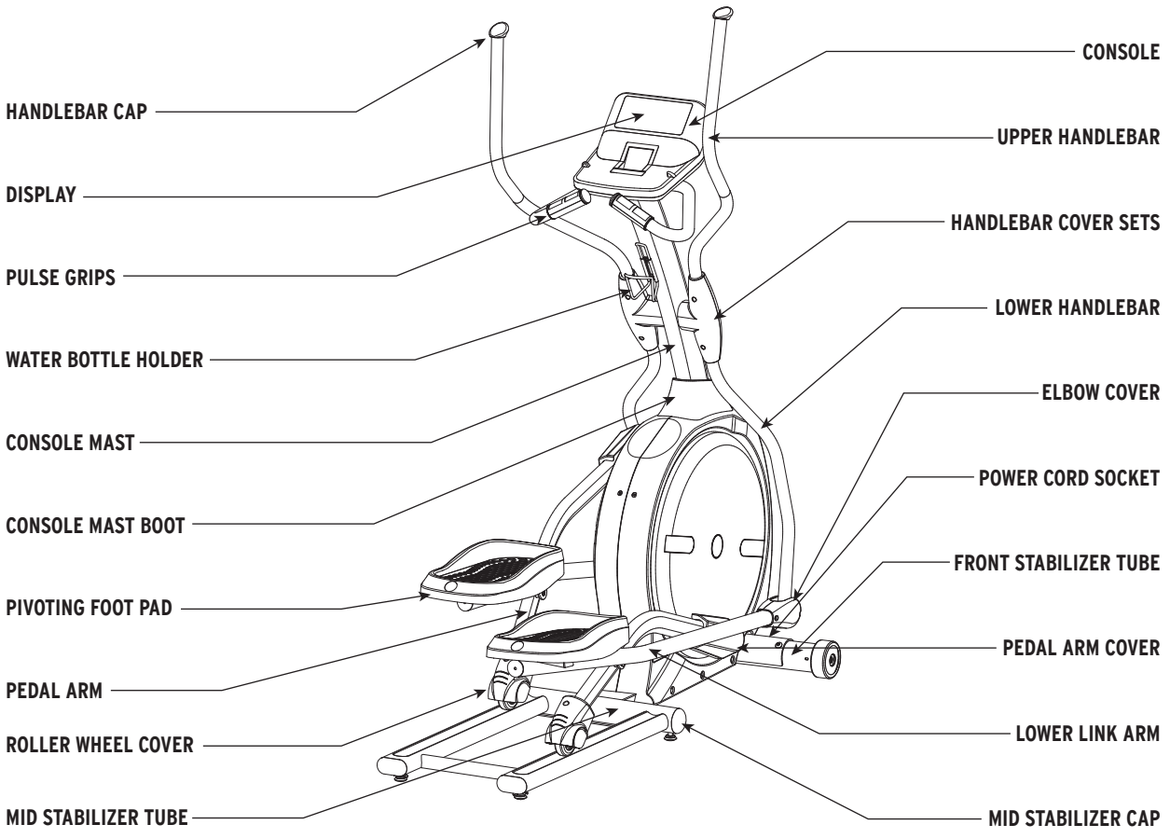
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER :

MODEL NAME :



* Refer to the SERIAL NUMBER and MODEL NAME when calling for service.



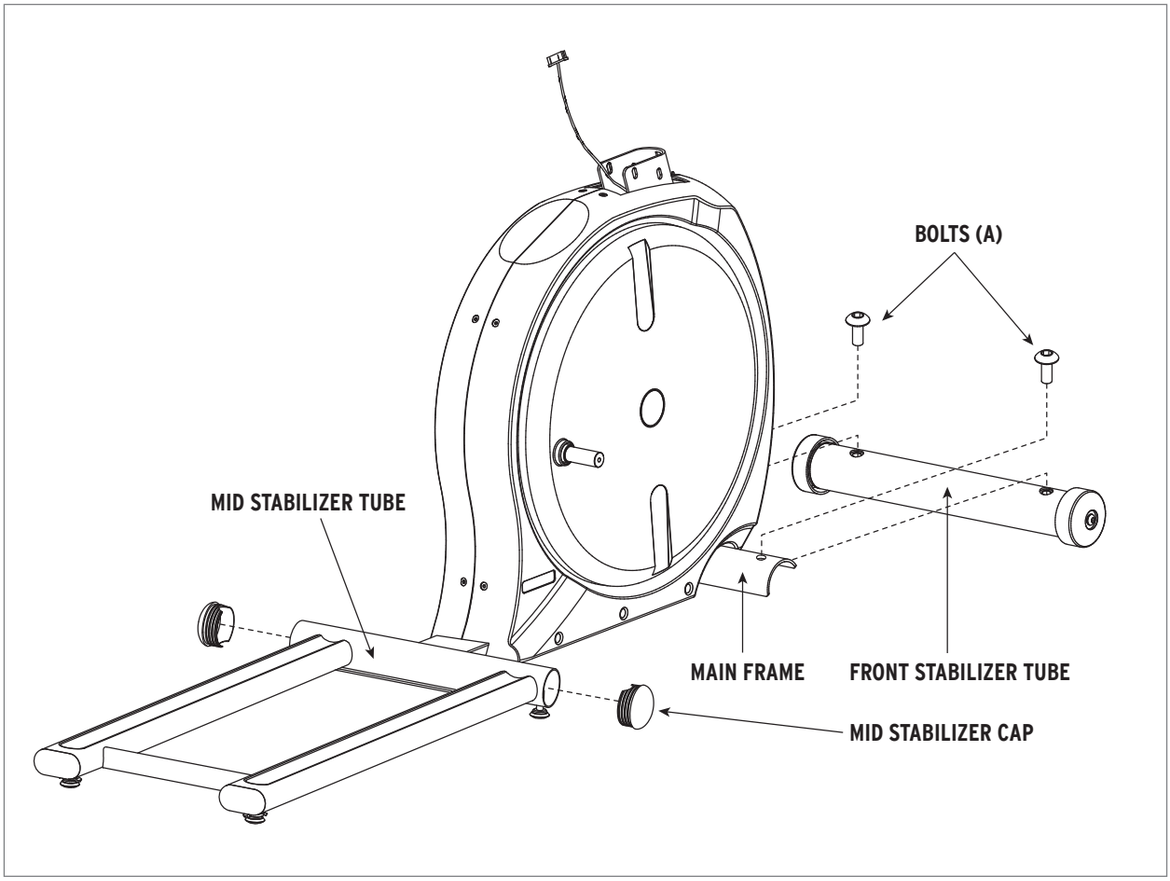
TOOLS INCLUDED

- ☐ Phillips Screw Driver
- ☐ 13/15mm Flat Wrench
- ☐ 5mm T Wrench

PARTS INCLUDED

- ☐ 1 Console
- ☐ 1 Console Mast
- ☐ 1 Console Mast Boot
- ☐ 1 Front Stabilizer Tube
- ☐ 2 Mid Stabilizer Caps
- ☐ 2 Upper Handlebars
- ☐ 2 Lower Handlebars
- ☐ 2 Handlebars Caps
- ☐ 2 Handlebar Cover Sets
- ☐ 2 Lower Link Arms
- ☐ 2 Pedal Arms
- ☐ 2 Pedal Arm Covers
- ☐ 2 Roller Wheel Covers
- ☐ 2 Elbow Covers
- ☐ 2 Pivoting Foot Pads
- ☐ 1 Water Bottle Holder
- ☐ 5 Hardware Bags
- ☐ 3 iPod® Dock Inserts
- ☐ 1 Universal MP3 Player Dock Insert
- ☐ 1 iPod® Docking Station Rubber Plug
- ☐ 1 Audio Adaptor Cable
- ☐ 1 Power Adapter

ASSEMBLY **STEP 1**

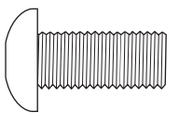


A Open **HARDWARE BAG FOR STEP 1.**

B Attach the **FRONT STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A).**

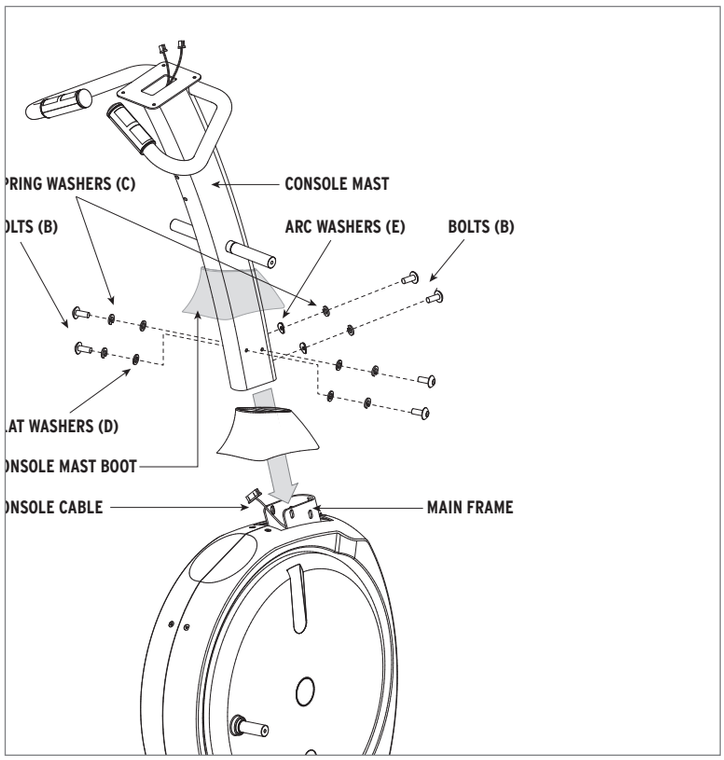
C Insert **MID STABILIZER CAPS** into the **MID STABILIZER TUBE.**

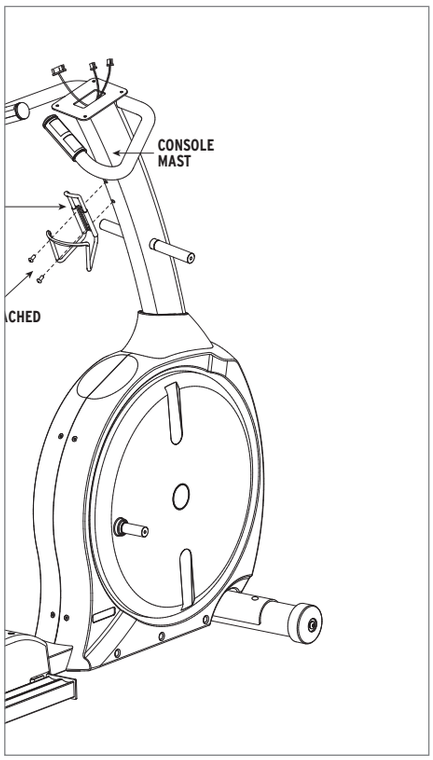
HARDWARE BAG FOR STEP 1 CONTENTS :



BOLT (A)
20 mm
Qty: 2

ASSEMBLY **STEP 2**





A Open **HARDWARE BAG FOR STEP 2.**

B Slide **CONSOLE MAST BOOT** onto the bottom of the **CONSOLE MAST** above bolt holes as shown above.

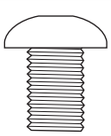
C Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.

D Attach the **CONSOLE MAST** to the **MAIN FRAME** using 2 **BOLTS (B)**, 2 **SPRING WASHERS (C)** and 2 **FLAT WASHERS (D)** in each side and 2 **BOLTS (B)**, 2 **SPRING WASHERS (C)** and 2 **ARC WASHERS (E)** in the front of the **CONSOLE MAST.** Slide **CONSOLE MAST BOOT** down to cover **MAIN FRAME.**

DO NOT PINCH WIRES!

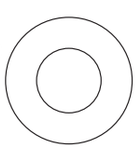
E Attach the **WATER BOTTLE HOLDER** to the mast using 2 **PRE-ATTACHED SCREWS**.

HARDWARE BAG FOR STEP 2 CONTENTS :

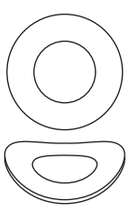


BOLT (B)
20 mm
Qty: 6

SPRING WASHER (C)
15 mm
Qty: 6



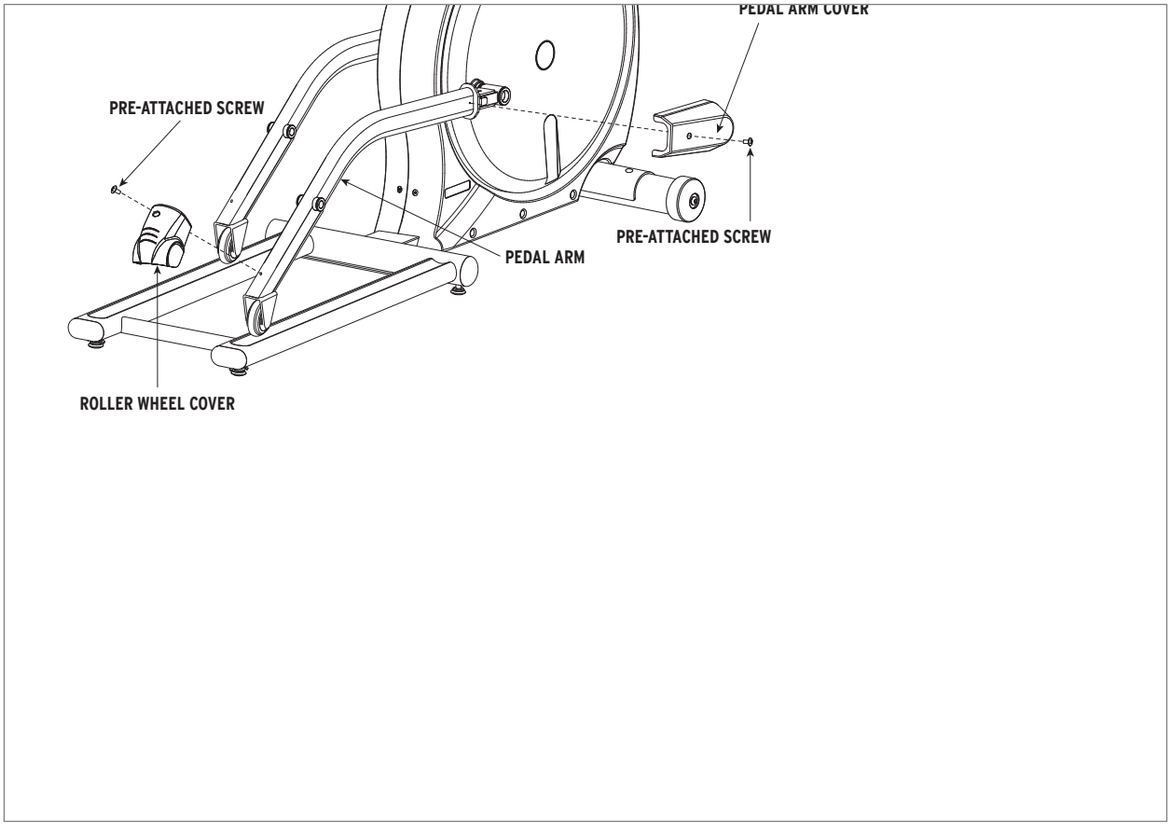
FLAT WASHER (D)
20 mm
Qty: 4



ARC WASHER (E)
17 mm
Qty: 2

angle view

ASSEMBLY STEP 3



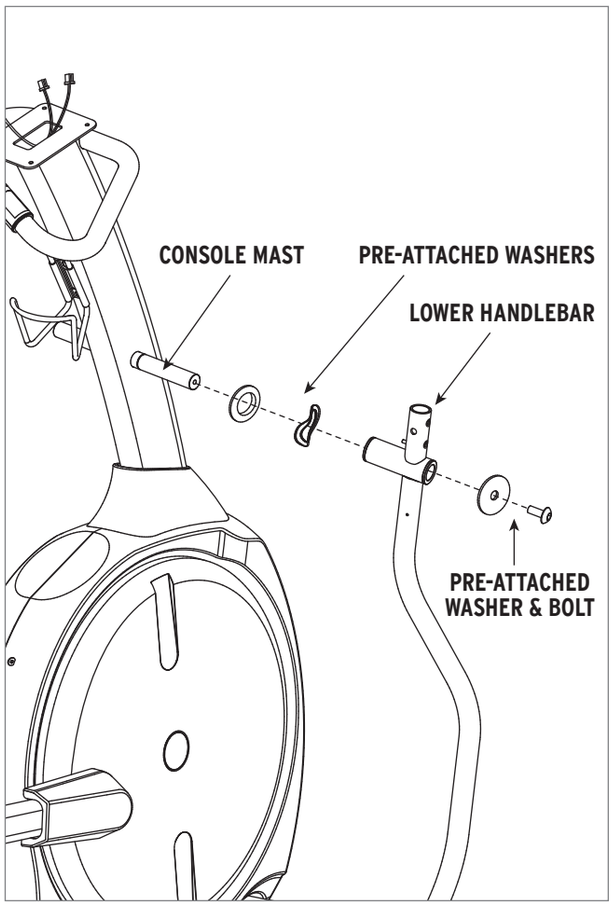
NOTE: There is NO hardware bag for this step. All hardware is pre-installed.

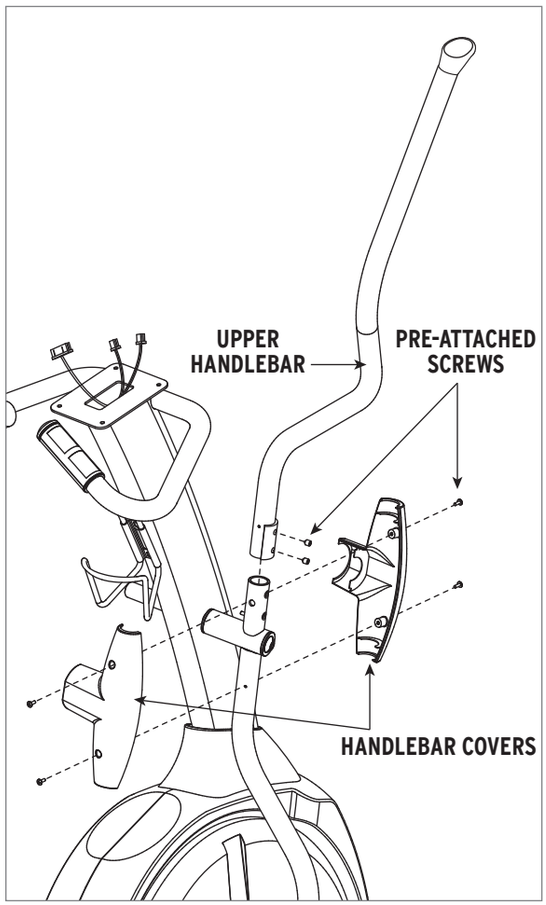
A Attach the **PEDAL ARM COVER** to the **RIGHT PEDAL ARM** using **PRE-ATTACHED SCREW**.

B Attach the **ROLLER WHEEL COVER** to the **RIGHT PEDAL ARM** using **PRE-ATTACHED SCREW**.

C Repeat on the other side.

ASSEMBLY **STEP 4**





NOTE: There is NO hardware bag for this step. All hardware is pre-installed.

A Remove **PRE-ATTACHED BOLT & WASHER** from **CONSOLE MAST.**

B Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach by re-inserting **PRE-ATTACHED WASHER & BOLT.**

C Remove **PRE-ATTACHED SET SCREWS** from right **UPPER HANDLEBAR**.

D Slide **UPPER HANDLEBAR** onto **LOWER HANDLEBAR** and secure by reinserting **PRE-ATTACHED SET SCREWS.**

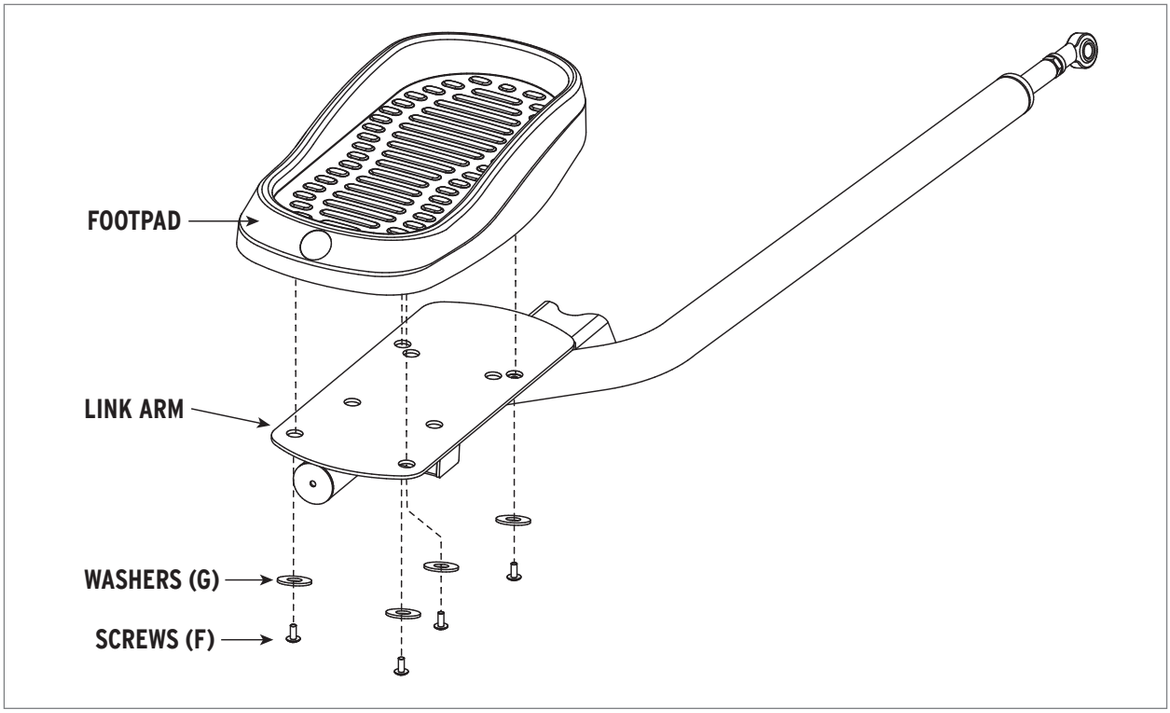
⚠ WARNING After handlebars are assembled they will rotate freely – be cautious. Until the machine is fully assembled, do not grab the handlebars for support.

E Remove **PRE-ATTACHED SCREWS** located on the front and back of the **HANDLEBARS.**

F Attach **HANDLEBAR COVERS** with **PRE-ATTACHED SCREWS.**

G Repeat on other side.

ASSEMBLY STEP 5

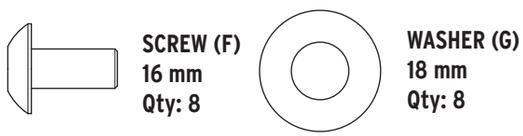


A Open **HARDWARE BAG FOR STEP 5.**

B Attach **FOOTPAD** to **LINK ARM** using 4 **SCREWS (F)** and 4 **WASHERS (G).**

C Repeat on other side.

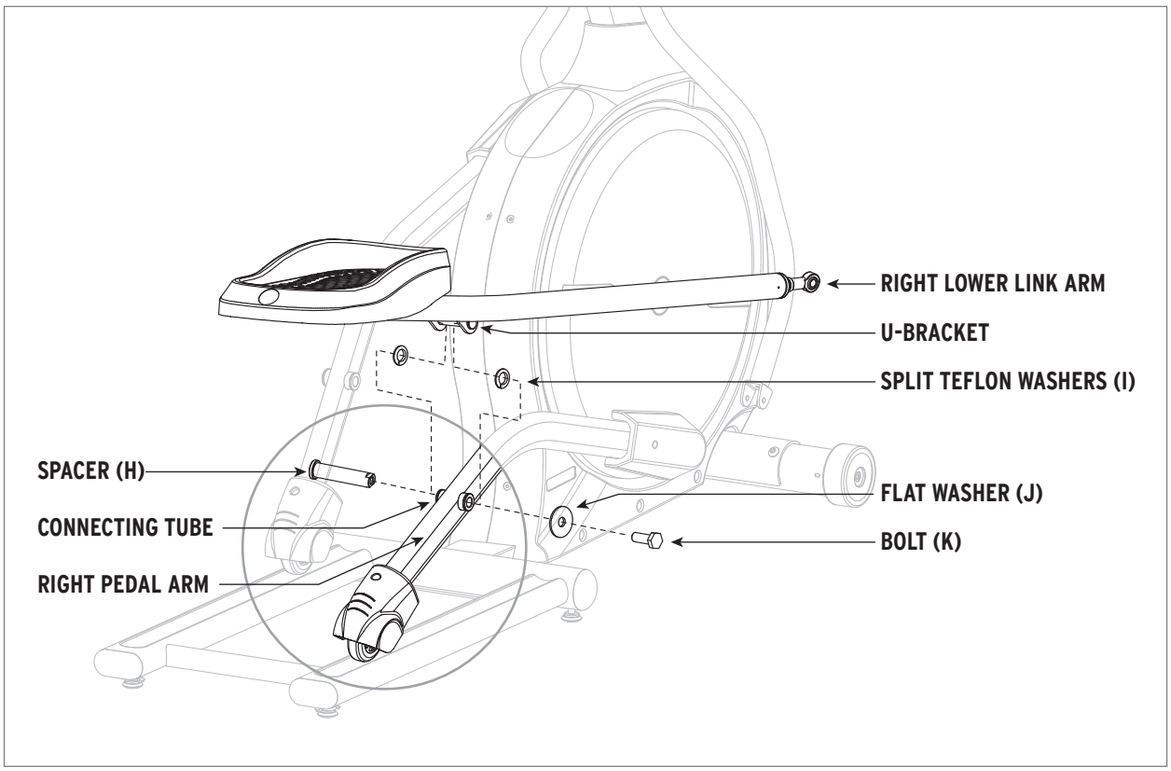
HARDWARE BAG FOR STEP 5 CONTENTS :



SCREW (F)
16 mm
Qty: 8

WASHER (G)
18 mm
Qty: 8

ASSEMBLY **STEP 6**



A Open **HARDWARE BAG FOR STEP 6.**

B Align the **U-BRACKET** on the **RIGHT LOWER LINK ARM** with the **CONNECTING TUBE** on the **RIGHT PEDAL ARM.**

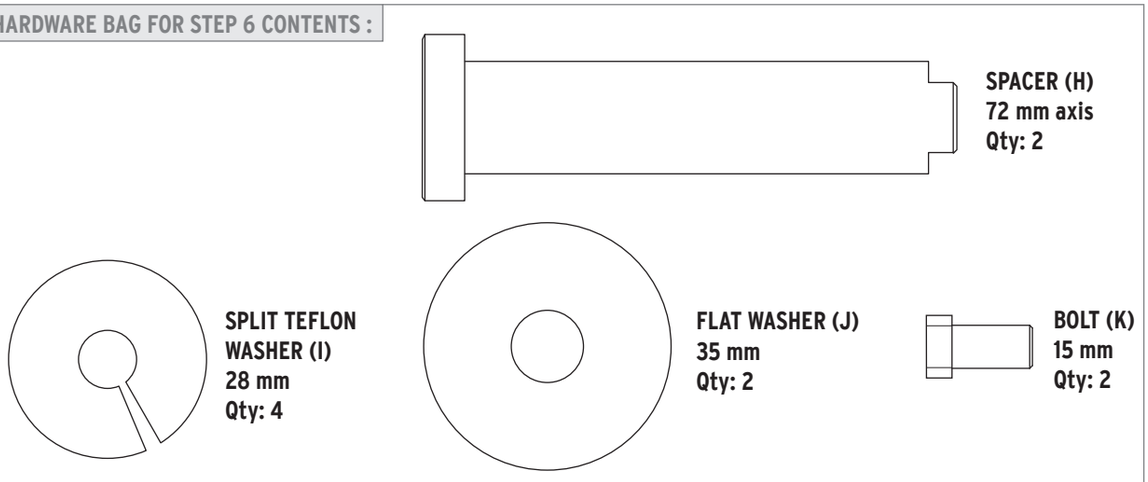
C Slide the **SPACER (H)** through the **U-BRACKET** and the **CONNECTING TUBE** so that it can no longer rotate.

D Insert 2 **SPLIT TEFLON WASHERS (I)** between the **CONNECTING TUBE** and the **U-BRACKET.**

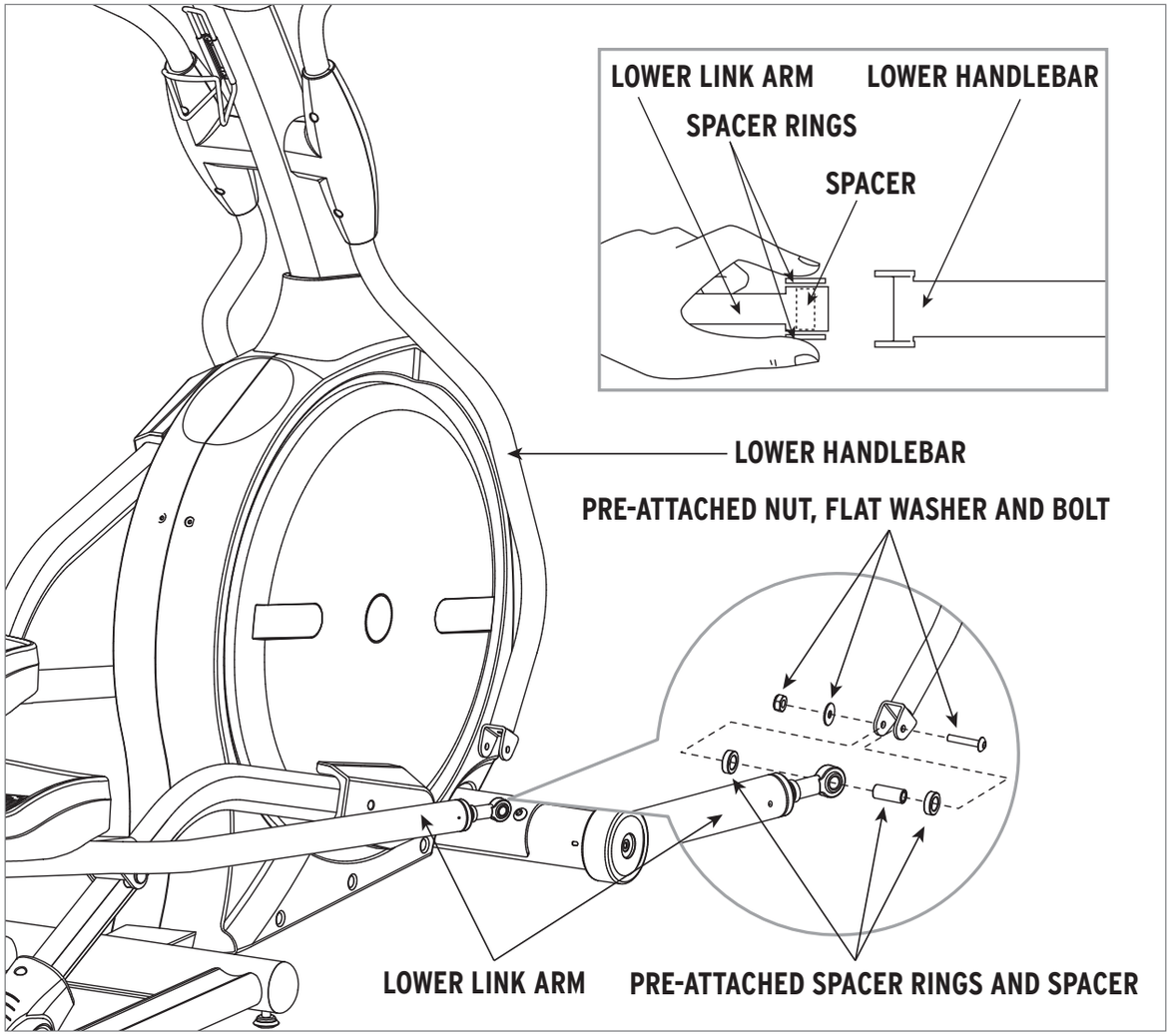
E Secure the joint with a **FLAT WASHER (J)** and **BOLT (K).**

F Repeat on the other side.

HARDWARE BAG FOR STEP 6 CONTENTS :



ASSEMBLY STEP 7



NOTE: There is no hardware bag for this step

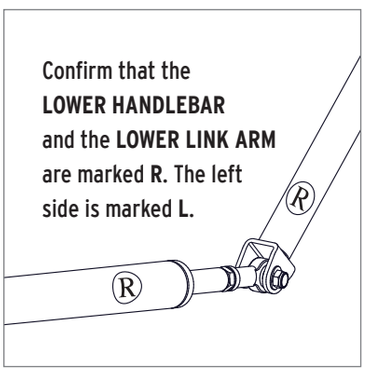
A Remove **PRE-ATTACHED SPACER, SPACER RINGS, BOLTS, FLAT WASHERS** and **NUTS** from **LOWER LINK ARM.**

B Slide **PRE-ATTACHED SPACER** into **LOWER LINK ARM.**

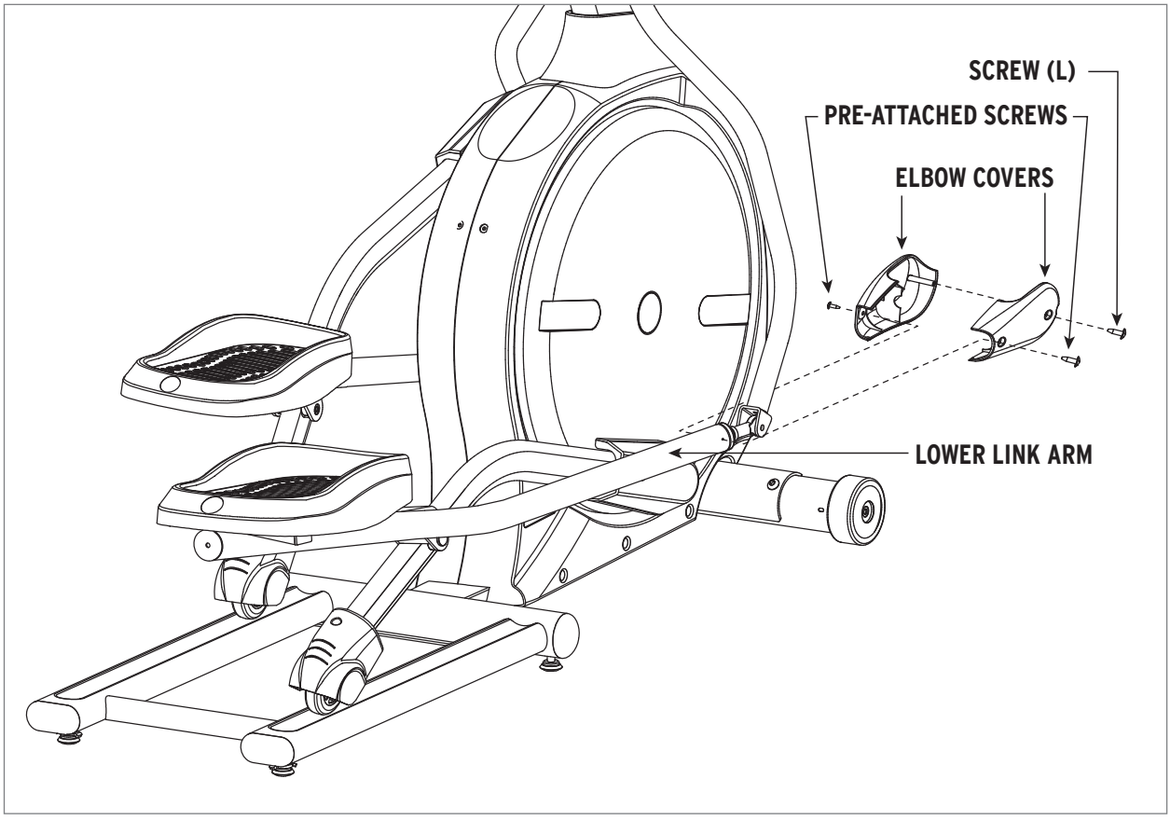
C Place 2 **PRE-ATTACHED SPACER RINGS** on both sides of **PRE-ATTACHED SPACER.** While holding **PRE-ATTACHED SPACER RINGS**, slide **LOWER LINK ARM** into bottom end of **LOWER HANDLEBAR.**

D Insert 1 **PRE-ATTACHED BOLT** into **LOWER HANDLEBAR** and secure using 1 **PRE-ATTACHED WASHER** and 1 **PRE-ATTACHED NUT.**

E Repeat on other side.



ASSEMBLY **STEP 8**

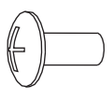


A Open **HARDWARE BAG FOR STEP 8.**

B Attach the **ELBOW COVERS** to the **LOWER LINK ARM** using 2 **PRE-ATTACHED SCREWS** and 1 **SCREW (L).**

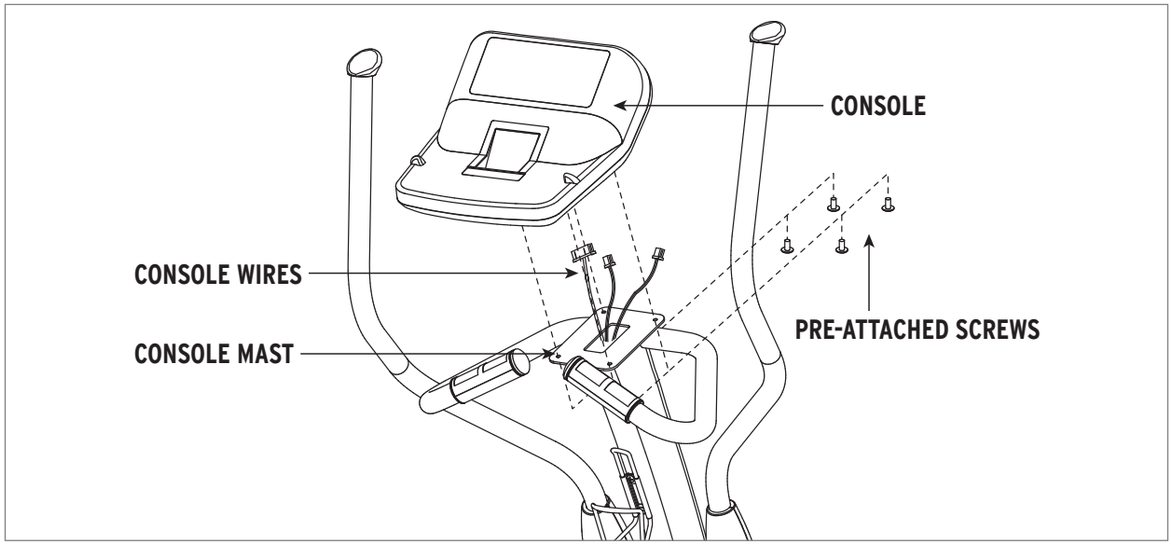
C Repeat on other side.

HARDWARE BAG FOR STEP 8 CONTENTS :



SCREW (L)
10 mm
Qty: 2

ASSEMBLY STEP 9



NOTE: There is NO hardware bag for this step. All hardware is pre-installed.

A Attach the **CONSOLE MAST** wires to the **CONSOLE wires**.

B Carefully tuck the **CONSOLE MAST wires** into the **CONSOLE MAST** before attaching the **CONSOLE**.

C Attach **CONSOLE** to the **CONSOLE MAST** using the 4 **PRE-ATTACHED SCREWS** (screws will have to be removed from the console first).

DO NOT PINCH WIRES!

YOU'RE FINISHED!

BEFORE YOU BEGIN

Congratulations on choosing your elliptical. You've taken an important step in developing and sustaining an exercise program! Your elliptical is a tremendously effective tool for achieving your personal fitness goals. Regular use of your elliptical can improve the quality of your life in so many ways.

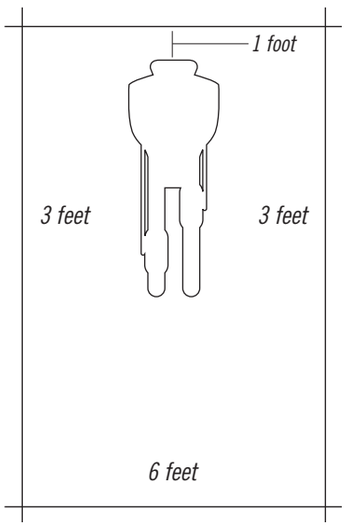
HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels

The key to reaping these benefits is to develop an exercise habit. Your new elliptical will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your elliptical in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE ELLIPTICAL

Place the elliptical on a level surface. There should be 6 feet of clearance behind the elliptical, 3 feet on each side and one foot in front for the power cord (See diagram to the right). Do not place the elliptical in any area that will block any vent or air openings. The elliptical should not be located in a garage, covered patio, near water or outdoors.

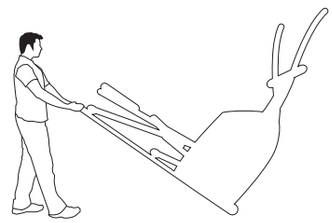


ELLIPTICAL OPERATION

POWER

Your programmable elliptical is powered by a power supply. The power must be plugged into the power jack, which is located in the front of the machine near the STABILIZER TUBE. Make sure the console power switch, located next to the power jack, is in the ON position.

WARNING **Do not operate the elliptical if the power cord or plug is damaged. If the elliptical appears to not be working properly, do not use the elliptical.**



MOVING

Your elliptical has a pair of transport wheels built into the FRONT STABILIZER TUBE. To move, first remove the power supply and firmly grasp the REAR STABILIZER BAR, carefully lift and roll.

WARNING Our ellipticals are well built and heavy, weighing up to 280 lbs! Use care and additional help if necessary when moving.

FOOT POSITIONING

Your elliptical offers a variety of foot positions. Moving your foot to the forward most position of the foot pad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the foot pad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run.

Your elliptical also allows you to pedal both forward and backwards to offer a variation to your workout and to focus on other major leg muscle groups such as your hamstrings and calves.

WORKOUT OPTIONS

LOWER BODY WORKOUT

To focus on a lower body workout, hold the stationary handlebars only. This will target your lower body muscles.

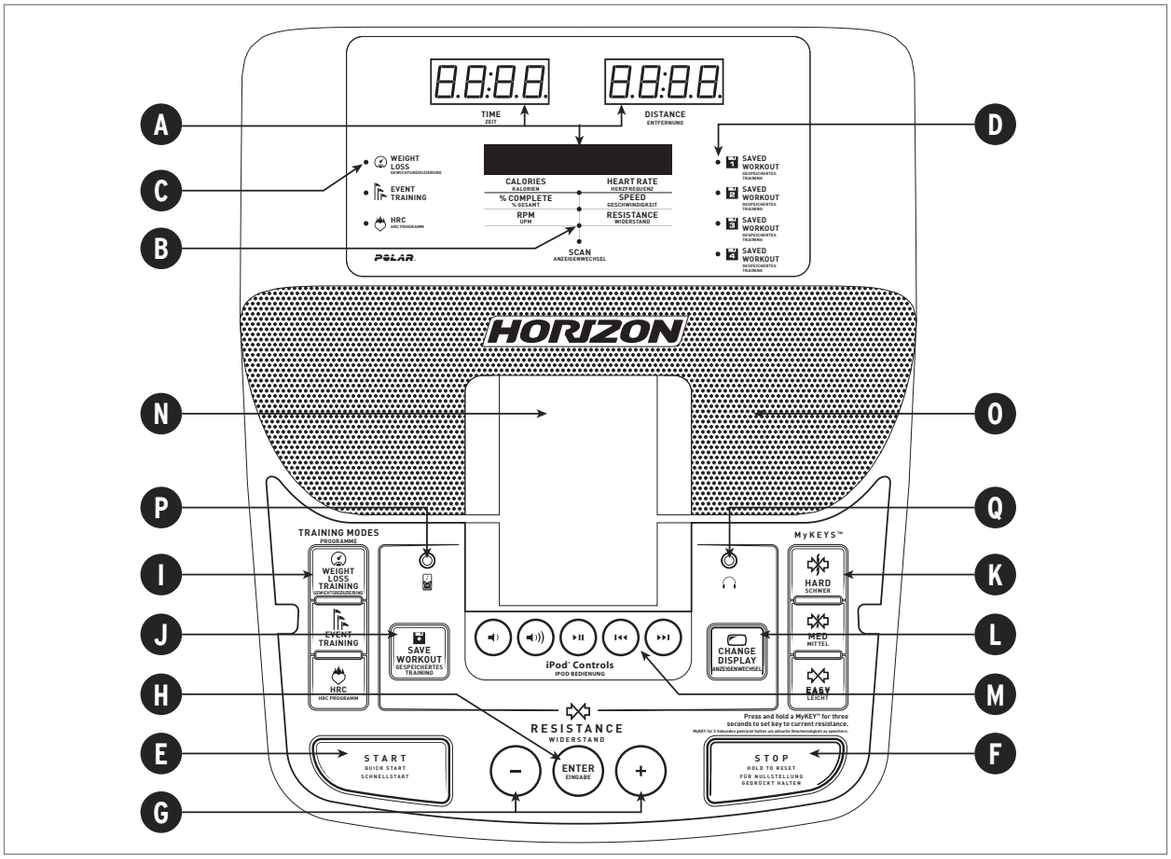
FULL BODY WORKOUT

For a full body workout, push and pull continuously on the dual action arms while pedaling.

MOUNTING THE ELLIPTICAL

1. Stand on the side of the elliptical next to the lowest foot pedal.
2. While holding both of the stationary handlebars, place your foot on the lowest foot pedal and pull yourself up onto the elliptical.
3. Wait until the elliptical finds its resting place and then place your other foot on the opposite pedal.

ROJO E5 CONSOLE DISPLAY



Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed.

A **LED WINDOWS:** Time, Distance, Calories, Heart Rate, % Complete, Speed, RPM, Resistance and Scan.

B **FEEDBACK LEDS:** Indicate what workout feedback is currently being displayed.

C **TRAINING MODE LEDS**: Indicate what training mode is currently selected.

D **SAVED WORKOUT LEDS**: Indicate when a saved workout is selected.

E **START:** Press start to begin exercising, starts your workout, or resume exercising after pause.

F **STOP:** Press to pause/end your workout. Hold for 3 seconds to reset the elliptical.

G **RESISTANCE + / - KEYS:** Used to adjust resistance in small increments (increments of 1).

H **ENTER:** Used to confirm selection and adjust settings.

I **TRAINING MODE KEYS:** Used to select between 3 training modes: Weight Loss, Event Training and Cardio Training.

J **SAVE WORKOUT KEY:** Used to select and use any of 4 pre-saved workouts. After your workout, press to save a workout for future use.

K **RESISTANCE MYKEYS™:** Used to reach desired resistance more quickly. See next page for details.

L **CHANGE DISPLAY:** Changes workout feedback during workout.

M **IPOD® CONTROLS:** Press to adjust your attached iPod® audio settings. See page 22 for more info.

N **IPOD® DOCKING STATION:** Used to dock and charge your iPod®.

O **SPEAKERS:** Music plays through speakers when your CD / MP3 player is connected to the console.

P **AUDIO IN JACK:** Plug your CD / MP3 player into the console using the included audio adaptor cable.

Q **AUDIO OUT / HEADPHONE JACK:** Plug your headphones into this jack to listen to your music through the headphones. NOTE: When headphones are plugged into the headphone jack the sound will no longer come out through the speakers.

* Maximum user's body weight = 135 kg / 300 lbs

CONSOLE OPERATION

MyKEYS™

You can program the MyKeys to your desired resistance values.

The **RESISTANCE MYKEYS** defaults are:

- Easy = 1
- Med = 8
- Hard = 12

To change the default value of any MyKEY, while in a workout, first select the resistance level you would like to save, then press and hold the MyKEY you wish to change for 3 seconds. The current resistance level will flash on the console and beep three times indicating that the new level has been saved successfully.

NOTE: Easy cannot be set higher than Med and Med cannot be set higher than Hard. The console will beep once if the values are incorrect and the value will not be saved.

HEART RATE

PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

IMPORTANT: The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

QUICK START

Use this mode if you wish to begin working out immediately.

1. Turn on the elliptical (the switch is located on the back of the console).
2. Press **START** key and begin exercising.
3. Workout will automatically count time up from 0:00, the resistance will default to Level 1.
4. The resistance level can be adjusted during the workout.

SELECTING TRAINING MODES

MANUAL MODE

If you do not want to use a training mode workout, you can use MANUAL MODE instead.
This mode only changes incline or resistance levels when adjusted by the user.

1. While **SELECT TRAINING MODE** scrolls across the display, press +/- keys until Manual scrolls across the display and press the **ENTER** key to select.
2. Set the time duration of the workout using the **+ / -** keys.
3. Press **START** to begin exercising.
4. The resistance level can be adjusted during the workout.
5. The time will count down from the pre-selected duration.

TRAINING MODE: WEIGHT LOSS

This mode keeps you in the ideal fat burning zone while shaping and toning your body.

1. Press the **WEIGHT LOSS TRAINING** key. The LED next to **WEIGHT LOSS** will light up and **WEIGHT LOSS** will scroll across the display.
2. Press **ENTER** to select **WEIGHT LOSS TRAINING MODE**.
3. Set your maximum resistance using the **+ / -** keys.
4. Press **ENTER** to select the maximum resistance.
5. Set your minimum resistance using the **+ / -** keys.
6. Press **ENTER** to select the minimum resistance.
7. Set the time duration of the workout using the **+ / -** keys.
8. Press **START** to begin exercising.

WEIGHT LOSS TRAINING MODE - SEGMENTS REPEAT														
SEGMENT	WARM UP		1	2	3	4	5	6	7	8	9	10	COOL DOWN	
TIME	2:00	2:00	60	60	60	60	60	60	60	60	60	60	2:00	2:00
RESISTANCE	1	1	2	2	4	4	6	6	6	6	4	4	1	1

These values are based off a maximum setting of 6 and a minimum setting of 2.
Actual resistance values will be based upon your maximum and minimum settings.

TRAINING MODE: **EVENT TRAINING**

If you are training for a race or need to increase your stamina, this is the training mode for you.

1 Press the **EVENT TRAINING** key. The LED next to **EVENT TRAINING** will light up and **EVENT TRAINING** will scroll across the display.

2 Press **ENTER** to select **EVENT TRAINING MODE**.

3 Set your maximum resistance using the **+ / -** keys.

4 Press **ENTER** to select the maximum resistance.

5 Set your minimum resistance using the **+ / -** keys.

6 Press **ENTER** to select the minimum resistance.

7 Set the time duration of the workout using the **+ / -** keys.

8 Press **START** to begin exercising.

EVENT TRAINING MODE - SEGMENTS REPEAT																
SEGMENT	WARM UP		1	2	3	4	5	6	7	8	9	10	11	12	COOL DOWN	
TIME	2:00	2:00	60	60	60	60	60	60	60	60	60	60	60	60	2:00	2:00
RESISTANCE	1	1	9	2	2	9	9	2	9	2	2	9	9	9	1	1

These values are based off a maximum setting of 9 and a minimum setting of 2.
Actual resistance values will be based upon your maximum and minimum settings.

TRAINING MODE: **HRC**

Once the HRC program is selected, press 'Enter'. Using the chart on page 25, determine your target heart rate. Your target heart rate should be set at a number that you will be able to exercise at throughout the majority of your workout. To adjust your target heart rate, press the plus (+) or minus (-) buttons.

Once you have chosen your target heart rate, press 'Enter'. Press the plus (+) or minus (-) buttons to adjust your time. Once you choose your time, press the'Start' button and begin your workout.

After the four minute warm up period, the resistance level will increase gradually to get the user to the entered target heart rate zone. Once the user is at the target heartrate zone, plus or minus 5 beats, the resistance level will remain at the current level.

If the user is more than 25 beats per minute above the target heart rate zone, the console will shut down for safety reasons. The last four minutes of the programme will begin the cool down period.At this time ,the programme will gradually decrease the resistance level to give the user a smooth cool down.

NOTE:The chest strap is required to use the **HRC** program

SAVING A WORKOUT

You can save a workout in any of the 4 save workout locations.

1 At the end of your workout, the console will prompt you if you would like to save your completed workout by scrolling **SAVE WORKOUT**.

2 If you would like to save the workout, press the **SAVE WORKOUT** key.

3 The **1 SAVED WORKOUT** LED will light up. **FREE** or **FULL** will display on the console. **FREE** indicates that this location is empty. **FULL** indicates a previously saved workout is already saved to that particular location. You may save to either a **FREE** or **FULL** location, however if you choose to save to a **FULL** location the previously saved workout will be deleted and replaced with the new workout.

4 Press the **SAVE WORKOUT** key until you have selected the desired save workout location you would like to save your workout.

5 Press and hold the **SAVE WORKOUT** key for 5 seconds to save the workout for future use. The console will beep 3 times if the workout is saved.

SELECTING A SAVED WORKOUT

1 Press **SAVE WORKOUT** key to scroll through workouts you have saved. The **SAVED WORKOUT** LEDs (1-4) will light up. Only the save workout locations to which workouts have been saved will be available. If no workouts have been saved, no saved workouts will be available.

2 Once you have selected the saved workout you desire, press **ENTER** or **START** to begin the workout.

NOTE: Changes made to a saved workout will not be saved unless you repeat the save workout process above.

ENTERTAINMENT INFORMATION

USING iPod® AUDIO PLAYER

The Horizon Fitness iPod Docking Station is the entertainment solution for your workouts.
Various models of iPod with a dock connector can fit with the use of the included inserts.

Using your iPod Docking Station (iPod not included)

1 Remove the **RUBBER PLUG** from bottom of the **DOCKING STATION**.

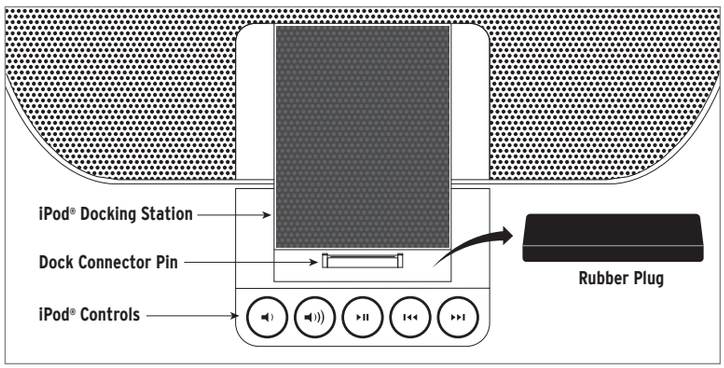
2 Place the **DOCK INSERT** that fits your iPod model into the **DOCKING STATION**.

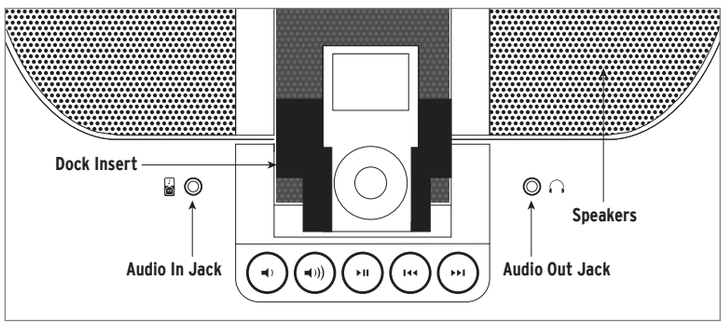
3 Plug in your iPod by matching the **DOCK CONNECTOR PIN** on the elliptical with the dock connector on your iPod. **NOTE:** If you want to connect a different sized iPod, simply lift out the **DOCK INSERT** and replace with a new one.

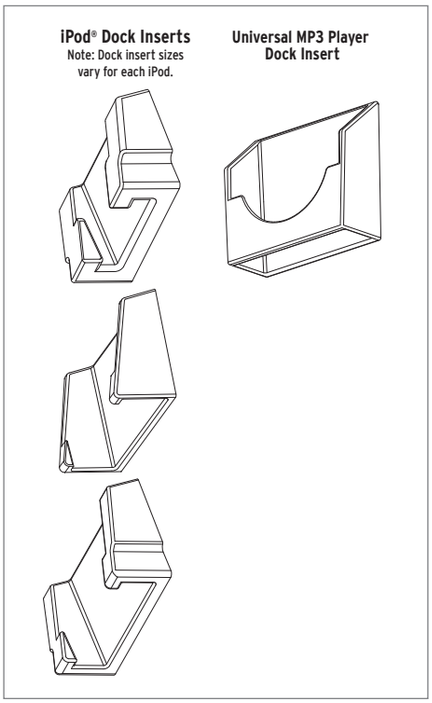
4 Use the **IPOD CONTROLS** on the bottom of the console to adjust volume and song settings.
NOTE: If you don't want to use the speakers, you can plug your headphones into the **AUDIO OUT JACK** on right of the **IPOD DOCKING STATION**.

6 Replace the **RUBBER PLUG** into the bottom of the **DOCKING STATION** when the station is not in use.
NOTE: iPod audio will not play through speakers if the **AUDIO ADAPTOR CABLE** is plugged in while iPod is in the **DOCKING STATION**.

7 Once you have connected the iPod to the docking station, please allow up to 75 seconds for the iPod and docking station to sync up before it will be fully functional. To adjust the volume you must use the **IPOD CONTROLS** located under the docking station. **NOTE:** if you don't want to use the speakers, you can plug your headphones into the **AUDIO OUT JACK** on right of the **IPOD DOCKING STATION**.







USING NON-iPod® MP3 / CD PLAYERS

1 Leave **RUBBER PLUG** at bottom of **DOCKING STATION.**

2 To hold your MP3 player in place in the **DOCKING STATION**, use the **UNIVERSAL MP3 PLAYER INSERT**. **NOTE:** Only iPod is compatible with the **DOCK CONNECTOR PIN** in the **IPOD DOCKING STATION.**

3 Connect the included **AUDIO ADAPTOR CABLE** to the **AUDIO IN JACK** on left of the **IPOD DOCKING STATION** and the headphone jack on your CD / MP3 player.

4 Use your CD / MP3 player buttons to adjust song settings.
NOTE: if you don't want to use the speakers, you can plug your headphones into the **AUDIO OUT JACK** on right of the **IPOD® DOCKING STATION**.

5 Remove the **AUDIO ADAPTOR CABLE** when not in use.

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your machine to prepare for a 5K workout, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

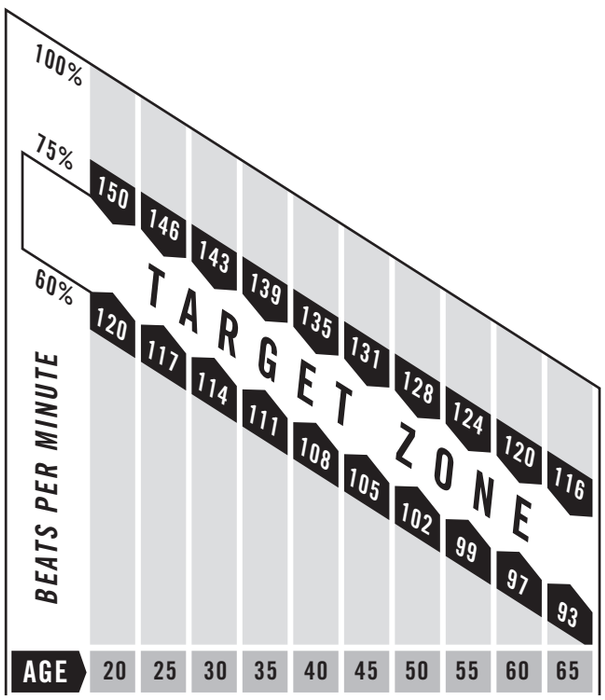
PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

TARGET HEART RATE ZONE CHART

What is Target Heart Rate Zone?

Target Heart Rate Zone tells you the number of times per minute your heart needs to beat to achieve a desired workout effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. A beginner will want to workout in the 60% range while a more experienced exerciser will want to workout in the 70-75% range. See chart for reference.



EXAMPLE:

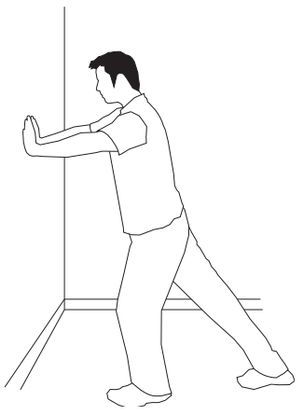
For a 42-year-old user: Find age along the bottom of the chart (round to 40), follow age column up to the target zone bar. Results: 60% of maximum Heart Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

TIPS STRETCHING

STRETCH FIRST

Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

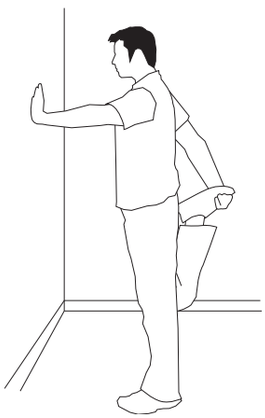


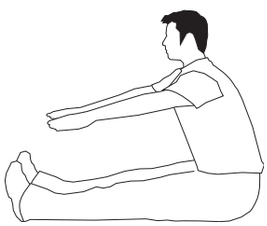
1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.

2. STANDING QUADRICEP STRETCH

Using a wall to provide balance, grasp your right ankle with your right hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your left ankle and hand.





3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

TIPS THE IMPORTANCE OF WARM UP & COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

TIPS ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss - lower intensity, longer duration workouts
- Improve Body Shape and Tone - interval workouts, alternate between high and low intensities
- Increased Energy Level - more frequent daily workouts
- Improved Sports Performance - high intensity workouts
- Improved Cardiovascular Endurance - moderate intensity, longer duration workouts

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the next page.

WEEKLY LOGS

WEEK #_____			WEEKLY GOAL _____		
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #_____			WEEKLY GOAL _____		
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #_____			WEEKLY GOAL _____		
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

MONTHLY LOGS

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

TROUBLESHOOTING

Your Horizon Fitness elliptical is designed to be reliable. However, if you do experience problems with your elliptical, please reference the troubleshooting guide listed below.

PROBLEM: The console does not light up.

SOLUTION: Verify the following:

- The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.
- The correct power cord is being used. Only use the power cord provided or authorized by Horizon Fitness.
- The power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position (may not apply to all models).
- Turn off the machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.

NOTE: If your console uses batteries, they may need to be replaced.

PROBLEM: The console lights up but the Time/RPM's do not count.

SOLUTION: Verify the following:

- Turn off machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.
- If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged.

PROBLEM: The resistance levels seem to be incorrect, seeming too hard or too easy.

SOLUTION: Verify the following:

- The correct power cord is being used. Only use the power cord provided or authorized by Horizon Fitness.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

PROBLEM: The roller wheels appear to be leaving particles on the guide rails.

SOLUTION: This is considered normal wear of the elliptical wheels.
To remove, simply wipe off the roller wheels and guide rails with a damp cloth.

PROBLEM: The elliptical makes a squeaking or chirping noise.

SOLUTION: Verify the following:

- The elliptical is on a level surface.
- Loosen all bolts attached during the assembly process, grease the threads, and tighten again.

PROBLEM: When MP3 player is connected there is no sound coming from the speakers or the speakers sound fuzzy.

SOLUTION: Verify the following:

- Make sure audio cable is plugged in securely to both the console and MP3 Player jacks.

PROBLEM: iPod is not charging from the docking station and/or does not respond to console controls.

SOLUTION: Verify the following:

- Make sure you are using the proper size iPod insert.
- Make sure the iPod dock connector is securely plugged into the connector pin on the elliptical.

HEART RATE TROUBLESHOOTING

PROBLEM: There is no heart rate reading.

SOLUTION: Remove the console and verify that the heart rate cables are attached properly, making sure that the cables are securely inserted into the console.

YOU MAY EXPERIENCE AN ERRATIC READOUT UNDER THE FOLLOWING CONDITIONS:

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate grips while exercising.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try moistening your palms or rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palms is especially thick.

NOTE: Outside interference sources such as computers, motors and fluorescent lights may cause the heart rate reading to be erratic. Check your exercise environment for sources of interference such as high power lines, large motors, etc.

If the above troubleshooting section does not remedy the problem, discontinue use and turn the power off.

The following information may be asked of you when you call. Please have these items readily available:

- Model Name
- Serial Number
- Date of Purchase (receipt or credit card statement)

In order for Customer Tech Support to service your elliptical they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front, back or inside? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- If you are having a resistance problem what is occurring? Is the resistance always too hard or too easy? Does the resistance respond when pushing the buttons on the console? Does the resistance constantly cycle through the levels during the workout?
- Has the machine been maintained per the maintenance schedule?
- Does the problem occur when using the handlebars? Without using the handlebars?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your Horizon Fitness elliptical running again!

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY ELLIPTICAL MAKES NORMAL?

Our ellipticals are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our ellipticals. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

WHY IS THE ELLIPTICAL I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

HOW LONG WILL THE DRIVE BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

CAN I MOVE THE TRAINER EASILY ONCE IT IS ASSEMBLED?

Your elliptical has a pair of transport wheels built into the front legs. It is easy to move your elliptical by rolling it on the front transport wheels. It is important that you place your elliptical in a comfortable and inviting room. Your elliptical is designed to use minimal floor space. Many people will place their ellipticals facing the TV or a picture window. If at all possible, avoid putting your elliptical in a unfinished basement. To make exercise a desirable daily activity for you, the elliptical should be in a comfortable setting.

CAN I PEDAL BACKWARDS ON MY ELLIPTICAL?

Your elliptical allows you to pedal both forward and backwards to exercise and strengthen a wider range of muscles.

MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

We use sealed bearings throughout our ellipticals so lubrication is not needed. The most important maintenance steps are to wipe perspiration off the unit after each use and periodically checking the assembly bolts for tightness.

HOW DO I CLEAN MY ELLIPTICAL?

Clean with soap and water cleaners only. Never use solvents on plastic parts.

Cleanliness of your elliptical and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Horizon Fitness recommends that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

Turn off the elliptical by unplugging the power cord from the wall outlet

- Wipe down the elliptical with a damp cloth. Never use solvents, as they can cause damage to the elliptical.
- Inspect the power cord. If the power cord is damaged, contact Horizon Fitness.
- Make sure the power cord is not underneath the elliptical or in any other area where it can become pinched or cut.

To remove power from the elliptical, the power cord must be disconnected from the wall outlet.

WEEKLY

Clean underneath the elliptical, following these steps:

- Turn off the elliptical
- Move the elliptical to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the elliptical.
- Return the elliptical to its previous position.

EVERY MONTH

- Inspect all assembly bolts and pedals on the machine for proper tightness.
- Clean any debris off of the pedal arm wheels and guide rails.

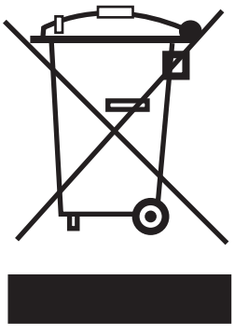
LIMITED HOME-USE WARRANTY

EXCLUSIONS AND LIMITATIONS

Who is covered:
- The original owner and is not transferable.

What IS covered:
- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:
- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by Horizon Fitness.
- Incidental or consequential damages. Horizon Fitness is not responsible or liable for indirect, special or consequential damages, including damage incurred during a move, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the product.
- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Horizon Fitness for coverage.
- Equipment owner or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. Horizon Fitness is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and Horizon Fitness shall have no liability for any injury to the person or property arising from such repairs.



D:
Entsorgungshinweis
Horizon Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB:
Waste Disposal
Horizon Fitness products are recyclable. At the end if its useful life please dispose of this article correctly and safely (local refuse sites).

F:
Remarque relative à la gestion des dèchets
Les produits Horizon Fitness sont recyclables. A la fin sa durrèe d`utilisation, remettez l´appareil à un centre de gestion de dèchets correct (collecte locale).

NL:
Verwijderingsaanwijzing
Horizon Fitness producten zijn recycleerbaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

E:
Informaciones para la evacuaciòn
Los productos de Horizon Fitness son riciclables. Cuando se termina la vida ùtil de un aparato o una màquina, entrèguelos an una impresa local de eleiminaciòn de residuos para su reciclaje.

I:
Indicazione sullo smaltimento
I prodotti Horizon Fitness sono reciclabill. Quando l`apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunall).

PL:
Wskazòwka dotyczàca usuwania odpadòw.
Producty firmy Horizon Fitness podlegajà recyklingowi. Pod koniec okresu o`ywalnoÈcl pros`z oddac urzàdzenie do wlaÈciwego punkto usuwania odpadòw (lokalny punkt zbiorczy).

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